


Bagel
1 Gram Fat

Croissant
9 Grams Fat






350 Calories
22 Grams Fat




**Bagel
1 Gram Fat**

**Doughnut
18 Grams Fat**



Whole Milk
8 Grams Fat



Lowfat Milk
2.5 Grams Fat



54 Grams Fat


12 Grams Fat



54 Grams Fat





A collage of four food items arranged around a central text. Top left: A bowl of soup with a red broth, green beans, and yellow corn. Top right: A plate with a large piece of fried chicken, white rice, green beans, and a small salad. Bottom left: A sandwich on whole-grain bread with lettuce, tomato, and meat. Bottom right: A bowl of chili with beans and a spoon. The background is a light blue textured surface.

Three Meals A Day

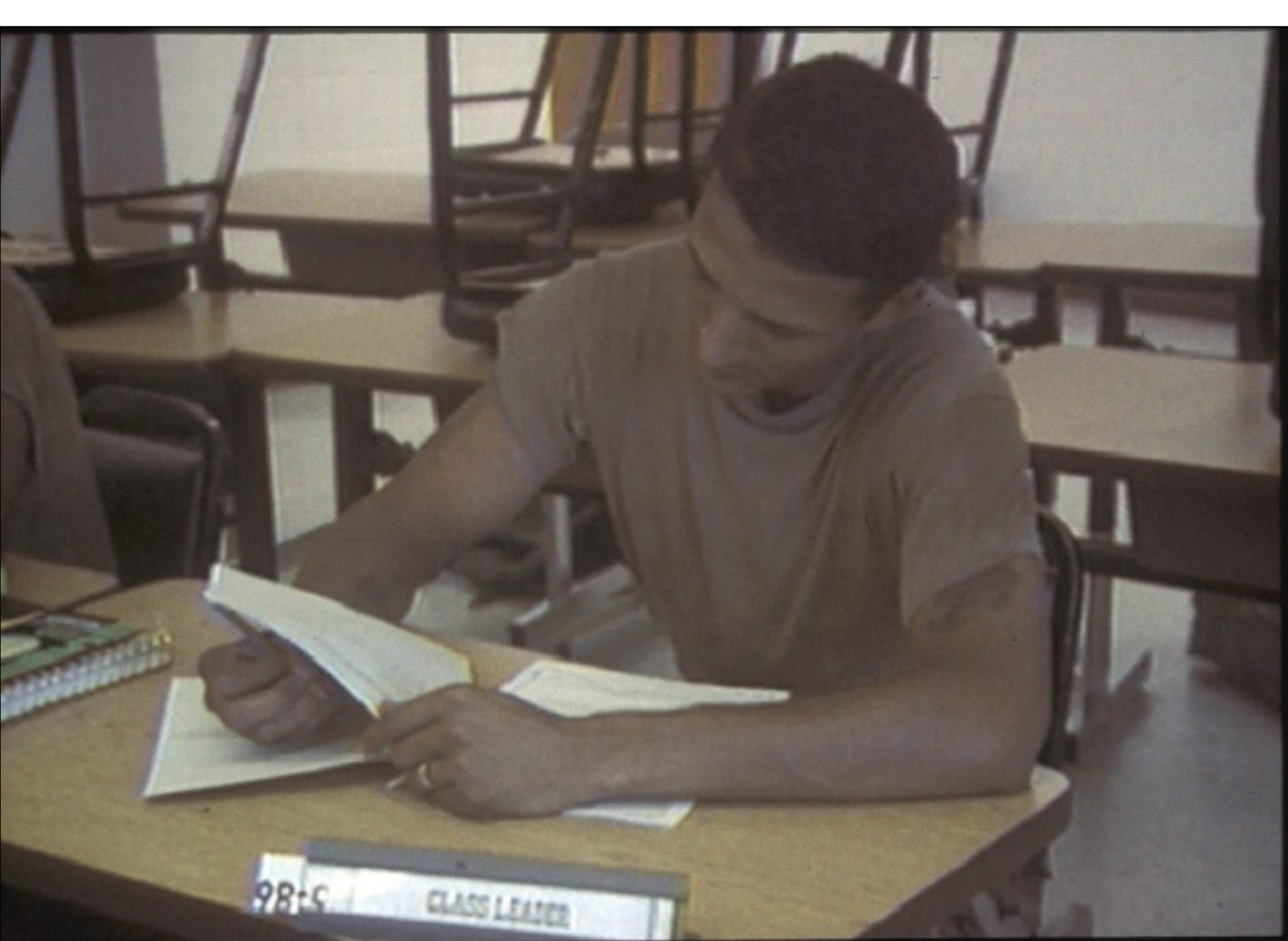




**Make Changes
Gradually**



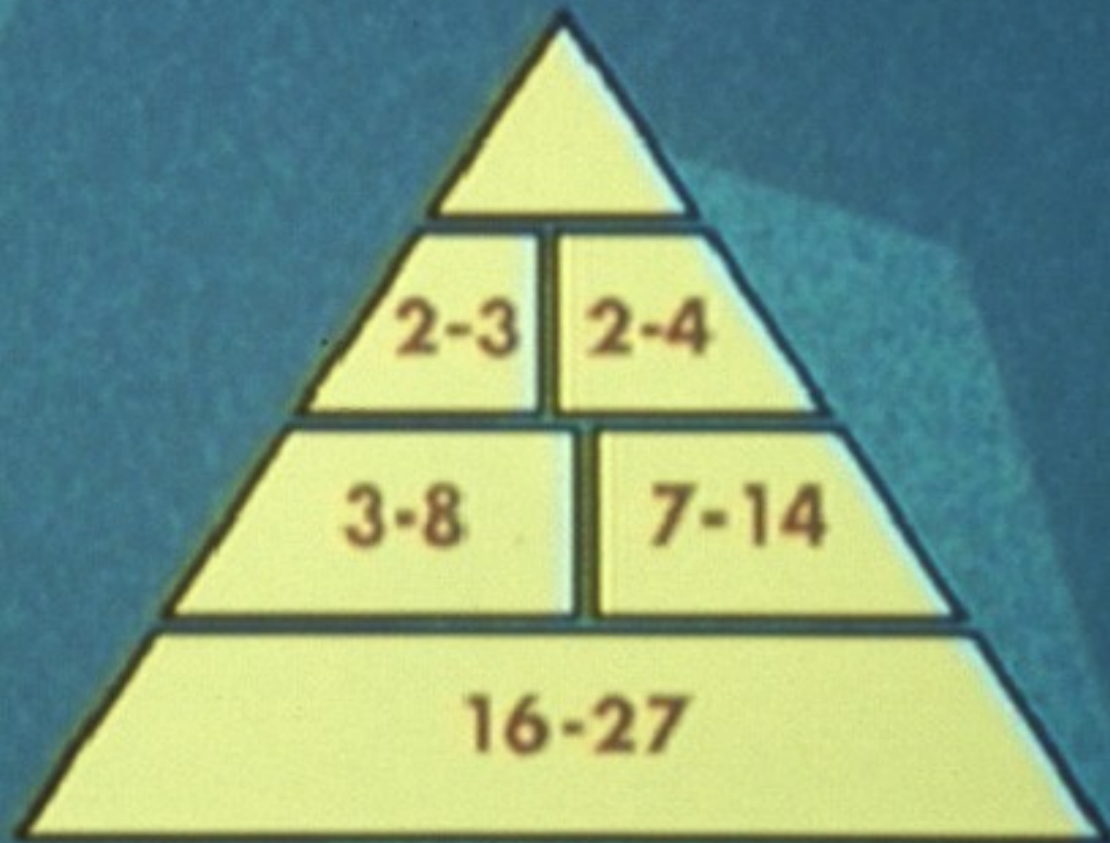
**Don't Give Up
Favorite Foods**



Less Active



Heavy Activity









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Contract # DAAK60-92-C-0093